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The above sponsors have donated products for today's presentation. Please visit these sponsors and mention that you saw or received their products at today's presentation.

- Microfibre towels – regular and glass cleaning
- Reusable dryer sheets
- Biodegradable dish cloths
- Stainless steel reusable straws
- Live Clean liquid hand soap
- Universal Stone cleaner and sponges
- Lemongrass Essential Oil

Today's Giveaways!

Commercial Products:

- Microfibre towels – regular and glass cleaning - for everyone
- Stainless steel straws – for everyone
- Reusable dryer sheets – door prize
- Biodegradable dish cloths – door prize
- Live Clean liquid hand soap – 2 door prizes
- Universal Stone cleaner and sponges – door prize
- Lemongrass Essential Oil – door prize
- Pumpkin and Patchouli soaps – door prizes
- Castile liquid soap – door prize

Homemade Products:

- body cream & talc – 2 volunteers will make and keep
- body cream – sample available to try
- toothpaste – 1 volunteer will make and keep
- deodorant – door prize
- sunblock – door prize
- paw protector – door prize
- bathroom spray cleaner – 2 volunteers will make and keep
- ant deterrent spray – 1 volunteer will make and keep

Contents:

Green Personal Care Recipes	page 3
Natural Solutions for Around Your Home	page 10
The Problem with Some Commercial Products.....	page 11
Green Cleaning Recipes.....	page 12
Safe Commercial Product Recommendations.....	page 14

"Be the change that you wish to see in the world." - Mahatma Gandhi

Green Personal Care Recipes

Why natural? Chemicals in personal care products are absorbed through your skin. Chemicals in home cleaning products can be harmful to your pets and are unhealthy to inhale. Fragrance can be offensive to people around you causing headaches, sneezing or breathing problems. Fragrance isn't just in cologne and perfume, it's in hairspray, body wash, deodorant, creams and it's on your clothes if you use scented fabric softener including scented dryer sheets.

Important Note: Some of these recipes call for beeswax. Be sure to use a double boiler to melt wax. Never use beeswax on direct heat and do not microwave as it can catch on fire. Also, when using any dry ingredients, be sure not to inhale.

Body Lotion

- use equal amounts of shea butter and coconut oil
- melt in a double boiler or fashion one out of a steamer or stainless steel bowl
- can add essential oils of your choice
- other ingredient options: vitamin E, jojoba oil, calendula oil (very healing)

Note: we've used vitamin E, jojoba oil and organic non-alcohol vanilla in today's sample.

Two volunteers can make and keep today.

Natural Talcum Powder

Talcum powder can contain asbestos or other carcinogens (cancer causing) and added fragrance. Arrowroot powder is safe and has moisture absorbing and soothing properties making it great as a talc substitute or as a base for deodorant.

Here's a way to make your own natural talcum powder. Use arrowroot powder on its own or add a few drops of essential oil. Suggestions: bergamot, lavender, lemongrass.

Arrowroot powder is useful as a **deodorant** ingredient. Simply blend 3 tablespoons each of arrowroot powder, baking soda and coconut oil and add a few drops of your favorite essential oil or a pinch of clove powder. You may never touch potentially toxic antiperspirant again!

Or use a simple two-step process in lieu of deodorant by applying coconut oil (or the above body lotion) and then follow with plain arrowroot powder or with added essential oil.

Two volunteers can make and keep today.

Try this Queen of Green recipe for deodorant from the David Suzuki website.

Deodorant balm recipe

Preparation time: 15 minutes

Yield: about 90 ml

Shelf life: six months

Ingredients:

- 15 ml shea butter (or cocoa butter)
- 15 ml coconut oil
- 15 ml baking soda
- 15 ml cornstarch or arrowroot powder
- 30 ml beeswax, grated or shaved

Optional: 2-5 drops of essential oil(s) — lemon, tea tree, lavender, thyme, myrrh or rosewood.

Door Prize Today! We have used organic non-alcohol vanilla for today's sample.

*Note: essential oils are powerful, so start with small amounts. And always do a test patch on your skin. If you have sensitive skin or scent sensitivities, don't use essential oils.

Did you know that coconut oil has antiviral, antibacterial, and antifungal properties?

Instructions:

Put approximately 50 ml of water into a small pot on low heat. Add first five ingredients to a small metal bowl. Create a double boiler by placing the bowl on top of the pot. Stir ingredients until melted. Remove from heat and add essential oils. Stir. Let cool before storing in air-tight container.

CAUTION: when melting beeswax, never microwave or use direct heat. Use a double boiler or fashion one out of a steamer. Beeswax does not boil when it gets hot, it catches fire!

Dab a pea-sized amount under each arm. It will melt on contact with your body heat. Everyone's body chemistry is different, so you may find you need to adjust the blend and amount of essential oils that work for you.

Toothpaste

For **toothpaste**, melt coconut oil and mix in baking soda until you have the consistency you like, approximately half and half. You can add peppermint essential oil, but it's not meant to be swallowed. If you can handle the flavour, add Oil of Oregano which kills germs.

One volunteer can make and keep today. Otherwise, we'll make a hand scrub!

Queen of Green (David Suzuki website) Toothpaste recipe

Time needed: five minutes

Shelf life: approximately six months

- 45 ml (3 Tbsp) certified organic coconut oil
- 45 ml (3 Tbsp) baking soda
- 5 drops essential oil (optional)
e.g., peppermint, tea tree (not meant to be ingested)
- 2.5 ml (½ tsp) xylitol, stevia or bentonite clay (optional)

Add all ingredients to an air-tight container and mix to form a paste. You may want to melt the coconut oil first for easier mixing. Make this recipe your own by altering ingredient ratios and optional additives to get your desired consistency, flavour and results.

Note: **Xylitol** is a sweetener but also inhibits the growth of the bacteria that causes cavities (be careful though as **it's not safe for pets**). Bentonite clay is helpful because it's alkaline and can assist with remineralization. You can also substitute vegetable glycerin (found at health food stores) for coconut oil.

Dental Powder

Ingredients:

- 4 Tablespoons Bentonite Clay
- 3 Tablespoons Calcium Powder
- 1 Tablespoon Baking Soda (optional)
- 2 Tablespoons Powdered Mint Leaf (optional) – make powder in blender, food processor or coffee grinder.
- 1 tablespoon Cinnamon Powder
- 1 teaspoon to 1 tablespoon of Cloves Powder
- 1 Tablespoon (or more to taste) Xylitol Powder

Instructions:

Mix the ingredients and store in a glass jar with a lid or have a separate small glass jar for each family member. This recipe makes about ¾ cup of tooth powder which lasts for months. You can adjust the recipe up or down (use teaspoons instead of tablespoons for smaller amounts).

This will last indefinitely on the counter since there are no liquid ingredients and all of the ingredients naturally discourage bacterial growth. You can customize the powder to your taste and all of the herbal ingredients are optional.

Note: Xylitol is not safe for pets

Feel daring? Try this dental powder from Jo Anne's Place: My Magic Mud Turmeric & Cacao Polishing Tooth Powder - Peppermint. It has turmeric in it! Not recommended for dentures.

Lip Balm

Time needed: five minutes

Shelf life: approximately six months

5 ml (1 tsp) organic, fair trade shea butter or cocoa butter

15 ml (1 Tbsp) avocado oil

15 ml (1 Tbsp) local beeswax (grated or pastilles) or soy wax

Melt in a double boiler and then add essential oil if desired.

Optional: 5 drops essential oil (e.g., peppermint, lime or grapefruit) and/or 1 drop Vitamin E oil.

Water-Resistant Sunscreen

Total Time: 15 Minutes

Preparation time: 5 Minutes

Cook Time: 10 Minutes

Makes 6 Ounces

This whipped, toxin-free sunscreen moisturizes skin while protecting it from the sun with natural SPF.

Tools: double boiler, small jar

Ingredients:

1/2 cup coconut oil

1/4 cup shea butter

2 tablespoons non-nano zinc oxide *

1 tablespoons beeswax

10 drops essential oil (lavender, vanilla, do NOT use citrus oil or bergamot)

Instructions:

Using a double boiler, melt coconut oil, shea butter and beeswax together until completely liquid.

Stir in zinc oxide and essential oils, using a mask or shirt to cover mouth and nose. Zinc oxide is safe, but you don't want to inhale any powder.

Pour into a small jar and store in a dry cool spot. Lotion will thicken as it cools.

We don't recommend this recipe for use on your face as it may clog pores. You may want to try Natural Sunscreen Vanilla Coconut SPF 31 from Rocky Mountain Soap Co.

Door Prize Today! We have used organic non-alcohol vanilla for today's sample.

Non-nano vs nano * and Commercial Sunscreens

A nano particle will enter the blood stream but a non-nano will not. For that reason, non-nano is safer.

Zinc oxide is a powdered mineral. It's what gives the white cast and thicker consistency to some sunblocks. It is important because it sits on top of the skin. By doing this it acts as a shield to block the sun's rays from your skin.

On the other hand, chemical sunscreens (those that use oxybenzone, avobenzone, octinoxate) absorb into your skin. Some of these ingredients have been linked to things like rashes, dry skin, hormonal problems, irregular periods, infertility and even cancer.

Fragrance is often added to commercial sunscreen even those that are promoted as fragrance free. Fragrance can cause allergies, migraine and asthma.

Most importantly, don't use spray sunscreen. You can accidentally inhale it, then it goes into your lungs and your bloodstream.

Another no-no ingredient is oxybenzone, which interferes with the endocrine systems. It is often used in small amounts in commercial sunscreen.

We recommend Natural Sunscreen Vanilla Coconut SPF 31 from Rocky Mountain Soap Co. (buy it online).

Natural Hair Dye

Chemicals in hair dye are absorbed through your skin. Over treating hair can accelerate hair loss.

Here are some suggestions, but we haven't tried them.

1. Coffee
2. Tea
3. Beet and Carrot Juice
4. Henna
5. Lemon Juice - best used for highlights
6. Walnut Shells - perfect for making a dark brown color. It can also stain very easily so watch out.
7. Herbs

Red: Try calendula, marigold, rosehips and hibiscus to deepen the red or add highlights.

Brunette/Dark: Try rosemary, nettle and sage.

Blonde: Chamomile, calendula, marigold, saffron, and sunflower petals all work best here. Rhubarb root can also be added to fight greys more effectively. To help the colors last longer, add black tea for darker colors and catnip for lighter.

Paw Protector – for your canine buddies

3 tbsp each

- coconut oil
- calendula oil
- beeswax
- olive oil

Great for human paws too!

Melt on low in a double boiler. Do not melt beeswax in the microwave or on direct heat as it will catch on fire rather than boil. You can fashion a double boiler out of a steamer by putting an oven proof glass dish in the steamer without a lid.

You can put the mixture in a small glass container with a lid. Either swipe the dog's paws across the surface or take some in your hands and massage into your dog's paws.

Note: the original recipe calls for avocado oil instead of olive oil, but dogs aren't supposed to eat avocados, so we swapped out that ingredient. Also, avoid using cocoa butter in any recipes for your dog as chocolate is harmful to dogs.

Door Prize Today!

Essential Oils

There are different qualities of essential oil. Some are used with diffusers to scent or purify the air. Others are used in personal care recipes and are normally higher quality.

Note: for the ant repellent spray recipe, high quality essential oils are not necessary.

There's so much to keep in mind when choosing an essential oil. When making personal care recipes, you need to be sure that it won't irritate your skin, so start with small amounts. Less is more! Tea tree and eucalyptus oils are harmful to your pets. Citrus and bergamot essential oils are not recommended in a cream when you're going to be exposed to the sun.

When you purchase essential oil, you may want to seek advice from the experts at Jo Anne's Place. They have donated an essential oil for a door prize for this session.

Door Prize Today! Lemongrass essential oil from **Jo Anne's Place**.

What is Essential Oils

And How To Use?

- 1. TEA TREE OIL**
 - ANTI-BACTERIAL, ANTI-FUNGAL
 - USE ON CUTS, SCRAPES, BURNS, & BUG BITES
- 2. LAVENDER OIL**
 - ANTI-BACTERIAL, ANTI-VIRAL
 - USE TO CALM, SOOTH SUNBURNS & BOOST IMMUNITY
- 3. CHAMOMILE OIL**
 - ANTI-INFLAMMATORY, SEDATIVE
 - USE FOR COLIC, EAR INFECTIONS, & TO CALM
- 4. PEPPERMINT OIL**
 - ANTI-PYRETIC, STIMULANT -MUST DILUTE WELL!!!
 - USE FOR COLIC, FEVERS, & SINUS CONGESTION
- 5. EUCALYPTUS OIL**
 - ANTI-VIRAL, ANTI-BACTERIAL, ANTI-PYRETIC
 - USE WITH SINUS CONGESTION & FEVERS
- 6. ROSE OTTO OIL**
 - ANTI-INFLAMMATORY, RELAXANT, UPLIFTING
 - USE TO TREAT SEASONAL ALLERGIES
- 7. CITRUS OILS: ORANGE, LEMON, GRAPEFRUIT, ETC.**
 - UPLIFTING, BALANCING
 - USE SMALL DOSES TO ENERGIZE OR LARGE DOSES TO CALM
- 8. FRANKINCENSE OIL**
 - ANTI-BACTERIAL
 - USE FOR MILD WOUNDS & SINUS INFECTIONS
- 9. SANDALWOOD OIL**
 - ANTI-BACTERIAL, ANTI-INFLAMMATORY, SEDATIVE
 - USE FOR SORE THROATS & TROUBLE SLEEPING
- 10. ST. JOHN'S WORT OIL**
 - ANTI-BACTERIAL, SEDATIVE
 - USE FOR EAR ACHES & NERVOUSNESS

Natural Solutions for Around Your Home

Aquatic Weeds as Fertilizer

If you don't want to haul your aquatic weeds to the dump, try mixing them with dry leaves to make a great natural fertilizer for your gardens. Just make sure you have a natural shoreline to ensure those nutrients don't get washed back into the lake. In addition to phosphorus, aquatic weeds are high in nitrogen and when they are layered with carbon-rich dry leaves, produce excellent and free garden fertilizer.

Weed Killer Alternative

This non-toxic alternative to commercial weed killer can be used on weeds and grass in your driveway.

Mix:

- 1 tsp. of dishwashing liquid
- 1 tsp. of salt
- 1 cup of vinegar

Stir and pour on the weeds. The exposed part of the weeds will dry up within a couple of hours. It works best in a sunny location. You may still need to pull or rake the weeds to remove them.

Try weeding after a heavy rain when the ground is softer. You won't need to apply anything.

Roundup, a popular herbicide containing the active ingredient glyphosate, is applied directly to weeds by spraying it on the plant tissue. In most cases it will need to be applied more than once, since it only kills what is above the ground upon first application.

Roundup is less toxic to humans and other mammals than some previous herbicides, but it contains a detergent, polyoxyethylene amine (POEA), which is used to disperse the glyphosate. POEA can **kill human embryonic cells** and has a **lethal effect on frogs and their tadpoles**.

One of the reasons Roundup appeared safe early on was its quick breakdown in the environment. Although it dissipates quickly above ground, **Roundup persists in soils for 250 to 350 days**.

Don't let your dog or cat walk on chemically treated grass as the chemicals can not only be absorbed through their paws, but they often lick their paws.

Natural Ant Repellent

The primary ingredient in most commercial insecticides is a nerve agent that disrupts the insects' nervous system through direct contact. These toxic chemicals can have the same effect on humans if enough of the agent enters the body. Also, when we poison insects and rodents, we affect the food chain and subsequently poison birds or leave them with limited food.

- 30 drops peppermint essential oil.
- 30 drops clove essential oil
- 10 drops tea tree essential oil
- 4 oz distilled water

Spray this around the base of your house or on ropes leading to your boat.

One volunteer can make and keep today.

The Problem with Some Commercial Products

Commercial cleaning products can contain a laundry list of harmful chemicals:

- Triclosan: an antibacterial agent that harms the immune system and pollutes waterways
- Phthalates: compounds which reduce sperm counts and disrupt hormones
- Perchloroethylene: a known neurotoxin and possible carcinogen
- Quaternary ammonium compounds: these are suspected to contribute to respiratory disorders and skin irritation
- 2-Butoxyethanol: a chemical which gives cleaners their sweet smell, but contributes to organ damage
- Ammonia: it doesn't leave streaks on windows, but it can leave you with chronic bronchitis or asthma

So what's the safe alternative? Try making your own cleaning solutions with ingredients such as vinegar, lemon juice, castile soap, baking soda and essential oils. You'll be surprised how many of the toxic products in your cupboard can be swapped out with simple, nontoxic replacements that are cheap and easy to make!

Dirty Dozen Cosmetic Chemicals

From the David Suzuki website.

Read the ingredients in your personal care products to determine if the following chemicals are used.

1. BHA and BHT
preservative - suspected endocrine disruptor
2. Coal tar dyes
p-phenylenediamine and colours - hair dyes
3. DEA-related ingredients
used in creamy and foaming products

Dirty Dozen Cosmetic Chemicals (cont'd)

4. Dibutyl phthalate
used as a plasticizer in some nail care products
5. Formaldehyde-releasing preservatives
in a variety of cosmetics
6. Parabens
in cosmetics as a preservatives
7. Parfum
in cosmetics — even in some products marketed as unscented
8. PEG compounds
in cosmetic creams - can be contaminated with 1,4-dioxane, which may cause cancer, also for related chemical propylene glycol and other ingredients with the letters "eth"
9. Petrolatum
in hair products for shine and as a moisture barrier in some lip balms, lip sticks and moisturizers
10. Siloxanes
ingredients ending in "-siloxane" or "-methicone" - in cosmetics to soften, smooth and moisten
11. Sodium laureth sulfate
in foaming cosmetics, such as shampoos, cleansers and bubble bath - can be contaminated with 1,4-dioxane
12. Triclosan
in antibacterial cosmetics, such as toothpastes, cleansers and antiperspirants

Green Cleaning Recipes

Spray Bathroom Cleaner

- 2 cups water
- 2 tbsp liquid castile soap (plain or peppermint)
- 10 drops essential oil (thyme)

Note: Tea Tree and Thyme essential oils fight germs. Tea Tree Oil is not recommended if you have a dog.

Two volunteers can make and keep today.

Toilet Bowl Cleaner

3 cups white vinegar
1 cup Epsom salt
2 tbsp dishwashing liquid (not castile soap)

- stir in a mason jar, cap tightly and shake until salt is dissolved
- pour 1/3 of it into you toilet bowl
- leave for 20 - 30 minutes
- scrub and flush

Or mix and store in a spray bottle and use as much as needed.

Vinegar

There's probably 101 uses for vinegar. Here's 4:

1. **fabric softener** - great for softening towels, use it undiluted in place of regular liquid softener, which can interfere with absorbency
2. **weed killer** - mix 1 cup of vinegar with 1 tsp of salt and 1 tsp of dishwashing liquid (do not shake), pour on weeds in direct sun
3. **window cleaner** - use vinegar and newspaper to clean your windows for a streak free shine
4. **disinfectant** - use vinegar to disinfect your kitchen counters

Note: never mix vinegar with peroxide as that creates a corrosive acid. It's okay to use them separately, such as a small amount of peroxide in place of bleach in the wash cycle of your laundry with vinegar in the rinse cycle.

Vinegar and baking soda don't work together well. The chemical reaction produces water with a bit of salt. Dishwashing liquid with hot water is much better at degreasing surfaces and your drains.

Vinegar is not recommended for cleaning tile floors as it can discolour grout.

Baking Soda

Want to make your shampoo and dishwashing liquid go further? Add a small amount of baking soda. Your dishwater will stay sudsy longer and the baking soda will remove any product build-up from your hair. Baking soda is great for cleaning sinks.

Liquid Castile Soap

Castile soap is primarily made from coconut, olive, and hemp oils and doesn't contain synthetic detergents. It's biodegradable and nontoxic. It can be used on its own or as a base for home cleaning and personal care. Try it as a laundry liquid, shampoo, shower gel or bubble bath. It's great for shampooing your dog too. You can even mix it with water to spray aphids, but be sure to rinse your plant leaves within a couple of hours. We recommend Dr. Bronner's brand.

Don't combine alkaline Castile soap with an acid like vinegar that you might also use around the house. The reaction cancels out the potency of both ingredients and can leave objects and surfaces with a white film that is difficult to remove.

Mix 1 oz (1/8 cup) castile liquid soap with 8 oz (1 cup) of water and put in a reusable foaming hand soap dispenser.

Use castile soap as a shampoo. Mix it with baking soda to remove product from your hair and rinse with apple cider vinegar.

Door Prize Today!

Rubbing Alcohol

Goodbye Goo B Gone. Rubbing alcohol can get rid of sticky residue, grease, even built up hairspray on your mirror or water spots on your faucets. Did you know it's also useful for removing permanent marker? It's the main ingredient in hand sanitizer, so try making your own by mixing 2 parts rubbing alcohol with 1 part aloe vera gel, you can even add some essential oil for fragrance. Or try it as a glass cleaner - 1 cup rubbing alcohol, 1 cup water and 1 tablespoon of vinegar. Store in a spray bottle and use as needed.

Safe Commercial Product Recommendations

You don't need a PhD to make safe choices, just look for the **EcoLogo**.

Liquid Hand Soap

Live Clean has a unique line of eco-friendly products including liquid hand soap and they use natural, plant ingredients. They're biodegradable, non-toxic and paraben and sulfate free and they're available from Shoppers Drug Mart. Remember, anti-bacterial soaps are not good for the bacteria in your septic system and they contain toxic triclosan.

Door Prize Today! Thank you to **Shoppers Drug Mart on Chemong Road** in Peterborough for donating 2 containers of Live Clean liquid hand soap.

Glass Cooktop Cleaner

Nature Clean cream cleanser can be used on glass cooktops and other surfaces. It has the Certified EcoLogo, is biodegradable, free of phosphates, chlorine, ethoxylated alcohols and is made from 99.5% natural ingredients from plants and minerals. It is available at Jo Anne's Place. Canadian made.
www.naturecleanliving.com

Note: cleaning your glass cooktop before and after each use will reduce the need for any cleaner.

Laundry Liquid

How dirty are your clothes? Would laundry liquid do instead of detergent? Modern washing machines clean so well that there's rarely a need for detergent. Nature Clean laundry liquid has the Certified EcoLogo, is biodegradable and is made from 99.9% natural ingredients from plants and minerals. Created without: Enzymes, Phosphates, EDTA & NTA (phosphate replacements which are environmentally hazardous), Chlorine Bleach, Synthetic Dyes & Perfumes, or Optical Brighteners. It is septic tank & grey water safe and is also safe for infant clothing. It is available at Jo Anne's Place. Canadian made.
www.naturecleanliving.com

Sapadilla Laundry Liquid is super concentrated so not as expensive as you would think. It's available from Well.ca. The light scents are from added essential oils. Try the Grapefruit + Bergamot.

Dishwashing Liquid

Also check out the Nature Clean brand of dishwashing liquid available at Jo Anne's Place.

Non-Chlorinated Bleach

How white do your whites need to be? Do you really need to use chlorinated bleach or do you just want to disinfect your laundry such as your towels? Use a non-chlorinated bleach also known as Active Oxygen Bleach or Oxygenated Bleach. There's a number of products on the market. Want to know what's in them? **Peroxide and water**. Save yourself some money and add a couple of tablespoons of peroxide to your bleach dispenser and fill with water. A half-litre bottle only costs a couple of dollars and will last approximately 16 loads. Mix 1 part peroxide to approximately 6 parts water. Peroxide is biodegradable and septic safe.

Universal Stone

This product comes in a tub with a sponge. You can use it to clean almost any surface such as bathroom fixtures, sinks, countertops, stove tops, etc.

Ingredients: soap flakes, green soap, vegetable oils; glycerine, polishing clay earth, perfume oils.

Door Prize Today! Thank you to **Bigley's Cottage Kitchen** store for donating a large container and sponges for today in a beautifully wrapped gift pack.

Glass and Mirror Microfibre Cloths

6 Pack, available from Buckhorn Home Hardware, \$9.99 /PK

Use a regular microfiber cloth with warm water and minimal dishwashing liquid to clean your windows, dry with these cloths specially made for glass as they will not leave any lint or streaks.

Thank you to **Buckhorn Home Hardware** for donating a package of cloths for today.

Door Prizes Today! We have cloths for everyone.

Microfibre Cloths

10 Pack, available from Buckhorn Home Hardware, \$11.99 /PK

There are so many uses for these cloths, use them wet for cleaning or dry for dusting.

Thank you to **Buckhorn Home Hardware** for donating a package of cloths for today.

Door Prizes Today! We have cloths for everyone.

Static Free Reusable Fabric Softener Sheets

Natura brand, available from Buckhorn Home Hardware, \$12.97 for a 4-pack

Say goodbye to those dryer sheets which are full of chemicals and don't biodegrade.

Door Prize Today! Thank you to **Buckhorn Home Hardware** for donating a package for today.

Biodegradable Dishwashing Cleaning Cloths

These cloths will last a year, then just bury them in your garden or compost them and they'll biodegrade. They're made from 30% cotton and 70% cellulose.

They are super absorbent. We highly recommend them!

Door Prize Today! Donated by and available from **The Avant-Garden Shop** on Sherbooke St near George St in Peterborough. A pack of 2 is \$12.99.

Stainless Steel Straws

Say goodbye to plastic straws. We have reusable stainless steel straws for everyone today courtesy of Kim.

Door Prizes Today! Donated by **Kim Letto, Century 21, Buckhorn.**